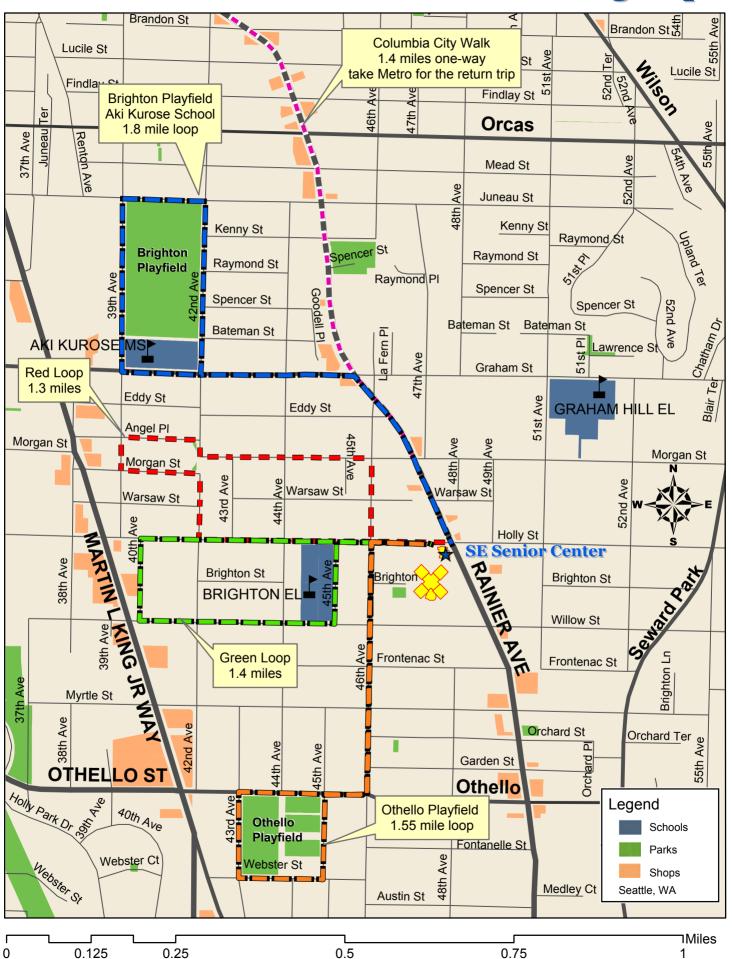
## Southeast Seattle Senior Center Walking Map



# LET'S GO FOR A WALK!

#### PHYSICAL ACTIVITY IS FOR EVERYONE

- → Older adults, even those who are frail, can improve their health and independence by being more physically active.
- → Physical activity doesn't have to be strenuous to benefit your health... walking, gardening, and dancing are great!
- → For people who are not physically active, even small increases can improve their health and well-being.
- → Aim for at least 30 minutes of activity, five days a week.

#### Some of the Benefits of Regular Physical Activity

Improves your energy, mood, sleep and mental alertness

Reduces aches and pains

Reduces risk of falling, diabetes, and cardiovascular disease

Helps to maintain independence

### TIPS FOR SAFETY AND FITNESS

- ✓ Check with your doctor. It's always wise to get advice from your doctor
  before making a big change in your physical activity. Ask about what types
  of physical activity are best for you and how to best avoid injury.
- ✓ **Drink plenty of water every day**, especially before and after any physical activity. Don't wait until you feel thirsty.
- ✓ Pay attention to your pain. It's common to feel a little soreness,
  especially when you first start a new activity. But serious muscle pain, neck
  or low back pain, cramps or nausea can be signs of serious injuries. See your
  doctor if these symptoms persist.
- ✓ Consider expanding your physical activity regimen. Once you're
  comfortable with your new walking routine, think about adding activities
  for strength training, flexibility and balance.

